

2015



it's more than just a box of food.

- 1 large head of cauliflower — cut into florets
- 1 tablespoon extra olive oil
- Salt and black pepper to taste
- 1 tablespoon minced garlic
- 1 teaspoon paprika
- 1/2 cup grated Parmesan cheese
- Fresh parsley — for garnishing

- Preheat oven to 400°F and line a baking sheet with foil.
- In a large bowl, add cauliflower florets, olive oil, salt, pepper, garlic, and paprika. Mix everything well to combine and transfer everything to the prepared baking sheet. The florets should be in a single layer.
- Bake for 15 minutes then turn the florets over, sprinkle with the Parmesan cheese, and bake 15 more minutes.
- Serve in a casserole and garnish with parsley.

Mark your calendars for the next Fresh Food Box pick-up! *(Orders due by 3PM Fri. before Wed. pick-up.)*

JUNE 2019						
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JULY 2019						
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A close-up photograph of a white plate filled with several slices of baked eggplant. Each slice is topped with a thick, chunky tomato-based sauce and melted cheese. The eggplant slices are arranged in a circular pattern on the plate. The plate is set on a colorful, patterned cloth with geometric designs in red, yellow, green, and blue. The background is slightly blurred, showing more of the cloth and the edge of the plate.

- 1 eggplant
- 2 Tablespoon olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon red pepper (cayenne pepper if you want it a little hotter)
- 1 teaspoon sweet paprika (optional)
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon Kosher salt

- Preheat oven to 425°F
- Line a baking sheet with parchment paper.
- Slice the eggplant into rounds.
- Put eggplant slices on a baking sheet in a single layer.
- Brush the eggplant slices with olive oil on both sides.
- Sprinkle the eggplant slices with garlic powder, red pepper, sweet paprika and Italian seasoning.
- Put eggplant in the oven and bake for 25 minutes.
- Remove eggplant from the oven and sprinkle with salt.

Adapted from melaniecooks.com

Eggplant Tomato Pie



Ingredients

- 1 eggplant
- 2 tomatoes, sliced
- 1 onion, diced
- 2 cloves garlic
- Breadcrumbs
- 1 egg
- 1 tablespoon butter
- 1 tablespoon pesto
- Cheddar cheese, shredded
- Fresh parsley

Instructions

- Peel and cube eggplant, boil until soft and tender, then drain water and mash.
- Add diced onion, garlic, breadcrumbs, egg, melted butter and pesto to the mash; mix well.
- Grease a pie pan. Slice one tomato and layer on bottom of pan. Add the eggplant mixture.
- Slice the remaining tomato and layer on top of eggplant mixture.
- Add shredded cheddar cheese and sprinkle with fresh parsley. Bake at 350°F for 30 minutes or until golden brown.

Adapted from recipessolution.com

Savory Honey Roasted Plums

Ingredients

- 6 (not too ripe) plums, cut in half and pitted
- 2 tablespoons honey
- A good drizzle of olive oil
- 1 teaspoon fresh thyme leaves
- Pinch of Kosher salt



Instructions

- Preheat oven to 400°F and place a rack in the middle.
- Place halved plums in a 8x8-inch square baking pan, cut side up. Drizzle with honey, olive oil. Sprinkle with thyme leaves and salt.
- Roast for about 12 to 14 minutes, or until the plums are cooked through and the honey starts to caramelize and glazes the plums.
- Remove from the oven and allow to cool for a couple of minutes.

Adapted from theironyou.com

Sweet Baked Apples



Ingredients

- 4 apples
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup chopped pecans (optional)
- 1/4 cup chopped raisins
- 1 Tablespoon butter
- 3/4 cup boiling water

Instructions

- Preheat oven to 375°F.
- Cut out holes in apples for stuffing: Rinse and dry the apples. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom 1/2 inch of the apples intact.
- If using a paring knife, first cut out the stem area and then use a small metal spoon to scoop out the seeds. Cut the holes so that they are an inch or so wide.
- Place the brown sugar, cinnamon, chopped raisins, and chopped pecans (if using) in a small bowl and stir to combine.
- Put the apples in a baking dish and stuff each apple with the stuffing mixture. Place a quarter of the tablespoon of butter on top.
- Pour the boiling water into the bottom of the baking dish around the apples and bake at 375°F for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy.
- When done, remove the apples from the oven and baste them with the juices from the pan.

Adapted from simplyrecipes.com